

New Classes and new times are highlighted below!



August 2017

S.C.A.L.E. is sponsored by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 <u>Movie Day [FED UP]</u> <u>Healthy Snacks</u> 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	2 11:00 <u>Arthritis Education</u> (Sarah Tucker) 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	3 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	4
7 11:00 <u>Diabetes</u> (Mary Ann Workman) 12:00 <u>S.C.A.L.E.</u> (Linda St.Clair) 1:00 <u>Healthy Relationship BINGO</u> (Wendy Francke)	8 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	9 12:00 <u>Diabetes</u> (Becky Flaherty) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	10 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u> 5:00 <u>Diabetes / S.C.A.L.E.</u> (Linda St Clair) <i>Upstairs</i> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	11
14 11:00 <u>Diabetes</u> (Karrie Juengel) 12:00 <u>S.C.A.L.E.</u> (Linda St.Clair) 1:00 <u>Self Esteem BINGO</u> (Wendy Francke)	15 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	16 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	17 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise Family Fun Day</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	18
21 11:00 <u>Pre-Diabetes</u> (Karrie Juengel) 12:00 <u>S.C.A.L.E.</u> (Linda St.Clair) 1:00 <u>Recovery BINGO</u> (Wendy Francke)	22 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	23 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	24 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	25
28 11:00 <u>Diabetes</u> (Karrie Juengel) 12:00 <u>S.C.A.L.E.</u> (Linda St.Clair) 1:00 <u>Social Skills BINGO</u> (Wendy Francke)	29 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	30 12:00 <u>Diabetes</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	31 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u> 5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i>	